



Austin Elementary

Mr. Kyle McKinstry, Principal
Mrs. Sharon Craik, Admin. Assistant

December 2013

Principal's Holiday Message

To the Members of the Austin Community,

What an extraordinary year this has been for us at Austin. There has been much to celebrate in all corners of the school including academics, athletics, environmentalism, and the always outstanding accomplishments of our staff, support staff, and our students.

Of course we all look forward to this very welcome time at the close of the calendar year when we can pause for a few days - to reflect on the year that has almost passed, to look forward to the future and, above all, to spend valuable time with our friends and our families. Everyone at Austin works hard and we must also strive to achieve balance with our lives outside of the school. I urge all of you to make the most of this opportunity, to share more time than you usually may have with your dear ones, and to make time for yourself and the special things you love to do.

Austin's greatness is the product of deep dedication, collegiality and ingenuity, and a firm commitment on behalf our whole community, to the Austin community and to the Austin Elementary cause that we all share: ensuring that Austin is the best it can possibly be, every day.

At this special time of the year, I take this moment to say thank you, to each and everyone one of you who have contributed so much to Austin this year. Your work and your dedication to Austin Elementary School are deeply appreciated and important.

I wish you and those you love a safe, healthy and joyous holiday season, and much happiness and fulfillment in the year ahead.

Warm regards,
Kyle McKinstry



'Tis the most wonderful time of the year!

merry
CHRISTMAS
to you

Your
Snow
Fun



FREE

Christmas lunch on Thursday,
December 12th 1:00pm

All students will be treated to a meal of
ham, perogies, corn and buns
provided by Austin Elementary School's
Student Council.

*Students are encouraged to bring a
non-perishable food item that day,
to be donated to our local
Christmas Cheer
Food & Toy Drive*



Grade 1/2 Donley Reading with the Principal



Congratulations to AES Eagles on a very successful Volleyball season



Sara Grade 2

STAR DOME PRESENTATION

I liked the Inuit stories

I thought it was an assembly.

I was surprised that we had to go into a tent.

I felt really good going.

I learned all about stars

The best part was the story about Orion



Name Jenna Grade 2

STAR DOME PRESENTATION

I liked The star they were big!

I thought it was cool!

I was surprised that we got to see it

I felt Happy!!!

I learned a bout stars and sun

The best part was we got to see the stars.



Riley Grade 2

STAR DOME PRESENTATION

I liked The cool white stars

I thought stars came from the moon.

I was surprised that the tent was big.

I felt like I was in space

I learned the sun was bigger than the world.

The best part was when I got in



More Grade 3

STAR DOME PRESENTATION

I liked the tent it was the best

I thought the sun went higher in the

I was surprised that the sun in winter takes

I felt happy

I learned that some stars are made to

The best part was the stars being there



Jo + 4M Star Dome



I like it when the mouse ran away from the fox. Then he said, "Oh my dinner went away."

I liked the big tent.

November 27, 2013

Star Dome



The bunny rabbit wanted the sun. November 27, 2013

Chas & Star Dome



The scorpion stung the hunter.

November 27, 2013



I love winter because you get to play and jump in the snow. Winter is really fun because you can drink hot chocolate after you come inside. I hate winter because I always go face first into the snow. Winter is fun because me, Wyatt, Faith and Wayde go outside and ride our snowmobile.

Winter fun because you get presents on Christmas day. I hate winter because people get frostbite and it is really cold outside. I hate winter because vehicles get stuck in the snow. Winter is very fun because people get to make snow forts. Winter is not fun because of all of that winter clothing and it's really heavy. Winter's fun because you get to go to Rodgers Hill.



I like to go tobogganing because it's fun.
I like to go skating.
I like Christmas.
I like to build igloos.
I like hot chocolate.
I like to build snowman.
I like to go to Rodgers Hill.
I like to go to the Christmas train.

MERRY CHRISTMAS



Here Comes Santa Claus



Stephanie



I love winter because when I go to Rodgers Hill I get spun around. I love winter because when I go outside I play on my crazy carpets. I love winter because I get hot chocolate when I come in. I love winter because I can make snowmen and then break them. I like winter because I get to make snow forts.

WAR

TERRIFYING, DARK

SCREAMING, REGRETS,
CRYING

SACRIFICE, WIDOWS, Armistice,
Freedom

Healing, Laughing, Embracing

Tranquil, Quiet

Peace



SACRIFICE
TRIBUTE SOLDIERS
REMEMBRANCE
POPPY DAY
VETERANS BRAVERY
RESPECT HEROES
LEST WE FORGET

War

Grief, Mournful

Yelling, Screaming, Dying

Wounds, Scars, Hero, Family

Cheering, Celebrating,
Remembering

Happy, Joyful

Peace

War/Peace Diamante poems written by Grade 7/8

Spread the Love, and the Peanut Butter This Holiday Season

Donate food at Austin Elementary

This holiday season, donate food to Austin elementary and we will give it to Christmas cheer board. The Christmas cheer board is a community run foundation that helps families in need in our community. We would like you to come to Austin elementary and drop off non-perishable food items or send them to school with your kids. Also, in December we will be having a bake sale the day of the Christmas concert. The money will be going to the Philippines to support the families in need. So, this holiday season spread the love, and the peanut butter.

-Austin Elementary

DECEMBER 2013

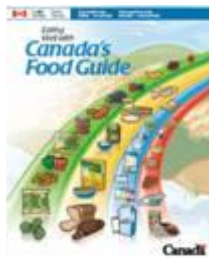


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
1	2 Day 4K	3 Day 5 Special School Assembly	4 Day 6K Breakfast	5 Day 1	6 Day 2K Hot Dog/ Hilda Dyck 	7																																																																																																	
8	9 Day 3	10 Day 4K Safety ATV/Snowmobile Presentation Gr. 4-8 11:15-12:55 SUBWAY LUNCH	11 Day 5 Milk	12 Day 6K School Christmas Dinner	13 Day 1 Hot Dog/Debbie Zacharias 	14																																																																																																	
15	16 Day 2K	17 Day 3 Dress Rehearsal for Christmas Concert	18 Day 4K Breakfast Christmas in Austin Christmas Concert 1:00 p.m.	19 Day 5	20 Day 6K Hot Dog/Evelyn Wieler Last Day of Classes 	21																																																																																																	
22	23	24 Christmas Eve	25 Christmas Day Merry Christmas!!!!	26	27	28																																																																																																	
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Smart Eating Makes The Grade

"Eating well with Canada's Food Guide"

One of the best ways to make sure you are getting the right amount of nutrients your body needs to stay healthy is to follow **Eating Well with Canada's Food Guide**.



It outlines the kinds of foods you need to eat and how much to choose daily from the four food groups.

The Recommended Number of Food Guide Servings chart below shows how much food you need from each of the four food groups every day.

Find your age and gender in this chart to see how much food you need.

Recommended Number of Food Guide Servings per Day

	Children			Teens	
	2-3	4-8	9-13	14-18 Years	
	Girls and Boys			Female	Male
Vegetables and Fruit	4	5	6	7	8
Grain Products	3	4	6	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4
Meat and Alternatives	1	1	1-2	2	3

What's in your lunch?

Choose a healthy food choice from at least 3 of the 4 food groups at every meal.

Example: Chicken or turkey wrap and yogurt with fruit

Food	Serving	Lunch Menu
Vegetables and Fruit	2	Lettuce and tomatoes in the wrap ½ cup of berries
Grain Products	2	1-10" whole wheat tortilla
Milk and Alternatives	1	¾ cup of low fat yogurt
Meat and Alternatives	½ - 1	1-2 oz. sliced turkey or leftover chicken



Healthy Bodies Healthy Minds

Bundle up and grab a breath of fresh air by taking a walk around your neighbourhood or a nearby park. To add some fun, you can estimate the time it will take or play eye spy with a friend along the way.

SMART goal: I am going to walk after school for 30 minutes 3 days a week.



Media Savvy

Go to the website below to create your own personal Canada's Food Guide!

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php>

What's in your snack?

Healthy snacks can be a very important part of your day. Young children benefit from snacks as they have small stomachs and it gives them a chance to refuel their body.

- ✓ Look for snacks that count towards your recommended number of Food Guide Servings.
- ✓ Make a snack by choosing one food choice from at least 2 of the food groups.

Try this!

**Whole wheat English muffin
with melted cheese and apple slices**



Beef "Stewpendous"



In the winter there is nothing more comforting than a plate of hearty beef stew! Serve stew with mashed potatoes or dumplings and round out the meal with frozen green peas. Substitute peeled bite-size pieces of parsnips or turnips for a portion of the carrots.

1/3 cup all purpose flour
1/2 tsp salt
1/4 tsp pepper
4 lbs lean stewing beef, cubed
1 tbsp vegetable oil
+3 tsp (divided)
2 cups sliced onions
1 can (10 oz/284 ml) condensed beef broth
1 can (5 1/2 oz/156 ml) tomato paste
1 1/2 cups water
1 tbsp minced garlic
2 tsp dried thyme leaves
2 bay leaves
4 cups peeled baby carrots

Directions:

1. Place flour, salt and pepper in a large plastic sealable bag. Add beef cubes; seal bag. Shake until beef is coated with flour mixture. Set aside.
2. In large Dutch oven heat 1 tbsp oil over medium high heat. Add 1/4 of beef cubes; brown on 2 sides. Remove from pan. Add 1 tsp oil to pan and add 1/4 of beef cubes. Repeat twice more.
3. Add onions to pan. Cook for 2 to 3 minutes.
4. Add beef back to pan along with beef broth, tomato paste, water, garlic, thyme and bay leaves. Bring to a boil; reduce heat and simmer, covered, for 1 1/2 hours.
5. Add carrots. Simmer for 1 more hour removing cover for last 1/2 hour of cooking time. Remove bay leaves.

Source: Supertime Survival®

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
Contact Health Links -1-888-315-9257
Nutrition Services Team
T 204-428-2736

May be photocopied in its entirety provided source is acknowledged.